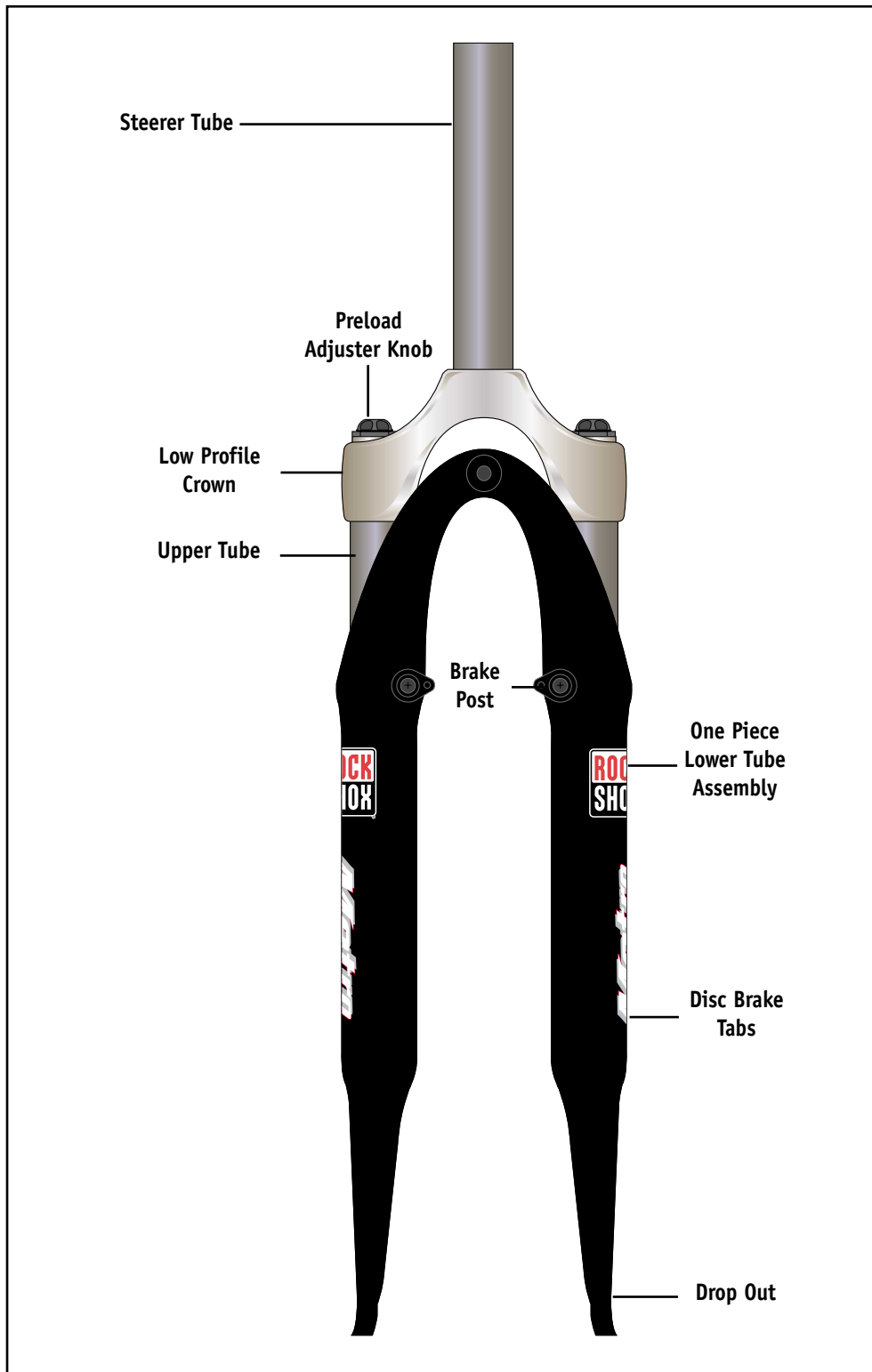




# *Metro*

## 2001 OWNER'S MANUAL



Note: Your fork's appearance may vary from the illustrations/photos in this manual.

\* Denotes updated information since the printed version that came with your fork.

***Congratulations!*** You have the best in suspension components on your bicycle! This manual contains important information about the safe operation and maintenance of your fork. To insure that your RockShox fork performs properly, we recommend that you have your fork installed by a qualified bicycle mechanic. We also urge you to follow our recommendations to help make your bicycling experience more enjoyable and trouble-free.

## I M P O R T A N T

### Consumer Safety Information

1. Before riding the bicycle, be sure the brakes are properly installed and adjusted. If the brakes do not work properly, the rider could suffer serious and/or fatal injuries.
2. If the fork ever loses oil or if it makes sounds of excessive topping out, stop riding the bicycle immediately and have the fork inspected by a dealer or call RockShox. Continuing to ride with the shock in these conditions could result in loss of control of the bicycle with possible serious and/or fatal injuries.
3. Always use genuine RockShox parts. Use of aftermarket replacement parts voids the warranty and could cause structural failure to the shock. Structural failure could result in loss of control of the bicycle with possible serious and/or fatal injuries.
4. Use extreme caution not to tilt the bicycle to either side when mounting the bicycle to a carrier by the fork drop-outs (front wheel removed). The fork legs may suffer structural damage if the bicycle is tilted while the drop-outs are in the carrier. Make sure the fork is securely fastened down with a quick release. Make sure the rear wheel is fastened down when using ANY bike carrier that secures the fork's drop-outs. Not securing the rear can allow the bike's mass to side-load the drop-outs, causing them to break or crack. If the bicycle tilts or falls out of its carrier, do not ride the bicycle until the fork is properly examined for possible damage. Return the fork to your dealer for inspection or call RockShox if there is any question of possible damage (See the International Distributor List). A fork leg or drop-out failure could result in loss of control of the bicycle with possible serious and/or fatal injuries.
5. Only mount cantilever-type brakes to the existing brake posts. Forks with hangerless style braces are only designed for 'V'- style or hydraulic cantilever brakes. Do not use any cantilever brake other than those intended by the brake manufacturer to work with a hangerless brace. Do not route the front brake cable and/or cable housing through the stem or any other mounts or cable stops. Do not use a front brake cable leverage device mounted to the brace.

**ROCKSHOX FORKS ARE DESIGNED FOR COMPETITIVE OFF-ROAD RIDING AND DO NOT COME WITH THE PROPER REFLECTORS FOR ON-ROAD USE. YOUR DEALER SHOULD INSTALL PROPER REFLECTORS TO MEET THE CONSUMER PRODUCT SAFETY COMMISSION'S (CPSC) REQUIREMENTS FOR BICYCLE STANDARDS IF THE FORK IS GOING TO BE USED ON PUBLIC ROADS AT ANY TIME.**

## I N S T A L L A T I O N

It is extremely important that your RockShox fork is installed correctly by a qualified bicycle mechanic. Improperly installed forks are extremely dangerous and can result in severe and/or fatal injuries.

1. Remove the existing fork from the bicycle and the crown race from the fork. Measure the length of the fork steerer tube against the length of the RockShox steerer tube. The RockShox steerer tube may need cutting to the proper length. Make sure there is sufficient length to clamp the stem (refer to the stem manufacturer's instructions).

### W A R N I N G

DO NOT ADD THREADS TO ROCKSHOX THREADLESS STEERERS. THE STEERER TUBE CROWN ASSEMBLY IS A ONE-TIME PRESS FIT. REPLACEMENT OF THE ASSEMBLY MUST BE DONE TO CHANGE THE LENGTH, DIAMETER OR HEADSET TYPE (THREADED OR THREADLESS).

DO NOT REMOVE OR REPLACE THE STEERER TUBE. THIS COULD RESULT IN THE LOSS OF CONTROL OF THE BICYCLE WITH POSSIBLE SERIOUS AND/OR FATAL INJURIES.

2. Install the headset crown race (26.4mm for 1" steerers, 29.9mm for 1 1/8" steerers) firmly against the top of the fork crown. Install the fork assembly on the bike. Adjust the headset until you feel no play or drag.
3. Install the brakes according to the manufacturer's instructions and adjust brake pads properly. Use the fork only with V-type or hydraulic cantilever brakes mounted to the existing brake posts or disc style brakes mounted through the provided mounting holes. Do not use any cantilever brake other than those intended by the brake manufacturer to work with a hangerless brace.
4. Adjust the front wheel quick release to clear the dropout's counter bore. The quick release nut must be tightened after the wheel is properly seated into the dropout's counter bore. Make sure four or more threads are engaged in the quick release nut when it is closed. Orient the quick release lever in front of and parallel to the lower tube in the locked position.
5. Keep in mind tire clearance as you choose tires. Maximum size is 2.3" wide or 345 mm radius installed. Be sure to check this radius whenever you change tires. To do this, remove the top caps and spring stack assemblies and compress the fork completely to make sure at least 5 mm of clearance exists between the top of the tire and the bottom of the crown. Exceeding maximum tire size will cause the tire to jam against the crown when the fork is fully compressed.

6. Hangerless Reflector Bracket Installation: Orient black reflector bracket to the front of the fork with the 90-degree bend under the fork brace. Place the star washer onto the hex bolt and insert this assembly through the lowest oval hole in the bracket and through the hole in the brace. Thread the nut onto the bolt at the back of the brace and push the reflector bracket up until the tab rests firmly against the bottom of the fork brace. Torque nut to 60 in-lb. (6.8 Nm).

## PERFORMANCE TUNING

### Setting Sag

RockShox forks can be tuned for your particular weight, riding style, and terrain. Metro forks are designed to sag when you are sitting on your bike. Sag is the compression of the fork caused by the rider's weight. Proper sag allows the front wheel to follow the contour of the terrain as you ride.

Sag is adjusted by turning the top cap preload adjuster. Turning the adjuster clockwise increases spring preload (i.e. stiffening the spring) decreasing sag. Turning the adjuster counter clockwise decreases spring preload which increases sag.

<u>Fork Travel</u>	<u>Sag</u>
Metro SL and XC	50mm (3-6 mm)

To measure sag, install a zip tie on the upper tube of the fork flush against the dust wiper. Sit on the bike in the normal riding position. Step off the bike, and measure the distance between the dust wiper and the zip tie. This is your sag.

## MAINTENANCE

To maintain the high performance, safety, and long life of your fork, periodic maintenance is required. If you ride in extreme conditions, maintenance should be performed more frequently. Recommended intervals for maintenance are listed below.

### Before every ride

- Check the other components on your bicycle in accordance with the manuals supplied by the manufacturer to make sure they are in working order.
- After every ride clean and dry the fork taking care not to get water in the upper tube/lower tube junction.

### After every 8 hours of riding

- Lift boots from lower tubes. Wipe exterior surfaces, Resi-wiper seal area, and upper tubes. Apply 2-3 drops of Teflon-based oil to the upper tube/lower tube junction.
- Refit the fork boots into the Resi-wiper seal groove using a small blade screwdriver. Engage the boot with Resi-wiper seal groove at the rear and rotate the boot around the upper tube to fully engage its lower edge behind the brace. A small amount of oil on the mating surface helps.
- Check top cap assemblies, brake posts, and shaft bolts for proper torque using the following values:

#### Torque Tightening Values

Top Caps	40 in-lb
Brake Posts	80 in-lb
Plunger Bolts	80 in-lb
Reflector Bracket Nut	60 in-lb
Rack & Fender Bolts	50 in-lb
Bolt-on Hub Nuts	180 in-lb

### After every 20 hours of riding

- Disassemble the fork. This procedure should be done by a qualified mechanic with proper tools. The mechanic should clean the internal parts using a suitable solvent, inspect all parts for damage, and replace any parts that are damaged.
- Lubricate the internal parts including the springs, washers, guide washers, and other associated parts using non-lithium, bicycle bearing type grease.
- Check for bushing play by wiggling the upper half of the fork in relation to the lower sliding portion of the fork. RockShox uses bushings that are extremely durable and should last the life of the fork. Although the bushings are not replaceable, they should provide years of reliable use under normal conditions.

## WARRANTY

RockShox, Inc. warrants its products for a period of one year from original date of purchase to be free from defects in materials or workmanship. Any RockShox product that is returned to the factory and is found by RockShox to be defective in materials or workmanship will be repaired or replaced at the option of RockShox, Inc. This warranty is the sole and exclusive remedy. RockShox shall not be held liable for any indirect, special, or consequential damages.

The warranty does not apply to products which have not been properly installed and adjusted according to RockShox installation instructions. The warranty does not cover any product that has been subject to misuse or whose serial number has been altered, defaced or removed. This warranty does not cover paint damage or modifications to the product. Proof of purchase is required.

### Warranty Repair

If for any reason it should be necessary to have warranty work done, return the product to the place of purchase. In the USA, Dealers should call for a Return Authorization number (RA#) prior to returning product.

Products returned for inspection must be sent freight prepaid and with proof of purchase to:

RockShox, Inc.  
1610 Garden of the Gods  
Colorado Spring, CO 80907

For more technical information, visit our website at [www.rockshox.com](http://www.rockshox.com). For toll-free technical support in the USA, call 1.800.677.7177. Customers in countries other than the USA should contact their local dealer or distributor.

## INTERNATIONAL DISTRIBUTOR LIST

### Argentina

Broni S.A.  
Phone: 54 11 4292 3000  
FAX: 54 11 4292 4453  
J.J. PASO 1260, (1832) LOMAS DE ZAMORA,  
BUENOS AIRES

### Australia

Steve Cramer Products  
Phone: 61 3 9587 1466  
FAX: 61 3 9587 2018  
39 INDUSTRIAL DRIVE BRAESIDE, VICTORIA 3192

### Austria

Barisitz-Austria  
Phone: 43 512 39 22 87  
FAX: 43 512 39 45 19  
BERNHARD-HOEFELSTRASSE 14, A-6020, INNSBRUCK

### Belgium

Vertex Cycle Systems BV  
Phone: 31 23 57 18184  
FAX: 31 23 57 18606  
FLEMINGSTRAAT 100A, 2041 VL ZANDVOORT  
HOLLAND

### Canada

Bell Sports Canada  
Phone: 403 273 1427 (Calgary)  
FAX: 403 248 1221  
BAY 147, 2760 45TH AVE SE  
CALGARY, ALBERTA  
T2B 3M1

### Chile

Bicicletas Belda Limitada  
Phone: 56 32 881799  
FAX: 56 32 978799  
14 NORTE 1001  
VINA DEL MAR

### Colombia

Disandina Ltda.  
Phone: 574-288-8322  
FAX: 574-288-6211  
CIUDADELA INDUSTRIAL, SIERRA MORENA BODEGA  
No. 207, CRA. 43 A No. 61 SIR 152, SABANETA

### Costa Rica

Inversiones Y Sistemas Garvi  
Phone: 506 296 3383  
FAX: 506 289 7013  
P.O. BOX 4805-1000, SAN JOSE

### Czech Republic

Vanek Praha  
Phone: 42 0 312 698 1889  
FAX: 42 0 312 698 025  
CERRENY UJEZD 185, UNHOST, 27351

### Denmark

Duell A/S  
Phone: 45 86 36 7800  
FAX: 45 86 36 7377  
MOLLERUPVEJ 3, TAASTRUP, 8410 RONDE

### Ecuador

Bici Sport  
Phone: 5932 248737  
FAX: 5932 253691  
AV DE DICIEMBRE 6327, ENTRE LOUVRE Y TOMAS DE,  
BERLANGA.LOCAL #3, QUITO

### Estonia

Hawaii Express  
Phone: 372 6 398 508  
FAX: 372 6 398 566  
REGATI 1, 5K-102, TALLINN, 11911, Estonia  
Or  
Estonian Unidream  
Phone: 372 636 7470  
Fax: 372 636 7470  
Paavli 2A, Tallinn  
EE0004, Estonia

### Finland

Mr. Cool OY  
Phone: 358 9 3250817  
FAX: 358 9 3250609  
LINNAVUORENTIE 28, HELSINKI, 00950

### France

Royal Velo France  
Phone: 33 325 433 730  
Fax: 33 325 43 95 95  
4 RUE DES AZALEES, P.A. SUD-CHAMPANGE  
ST THIBAUT, 10800

### Germany

Sport Import GmbH  
Phone: 49 44 05 9280 0  
FAX: 49 44 05 9280 49  
INDUSTRIESTRASSE 41 B, EDEWECHT, 26188

### Greece

Gatsoulis Stefanos Imports  
Phone: 30 12512 779  
FAX: 30 12533 960  
8 THESSALONIKIS STREET, NEW FILADELPHIA,  
ATHENS, T.T. 14342

### Guatemala

BYS Importaciones S.A.  
Phone: 502 366 7709  
FAX: 502 363 3918  
18 CALLE 7-48, ZONA 10, GUATEMALA

### Holland

Vertex Cycle Systems BV  
Phone: 31 23 57 18184  
FAX: 31 23 57 18606  
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HOLLAND

### Hong Kong

Flying Ball Bicycle Company  
Phone: 852 23813661  
FAX: 852 23974406  
201 TUNG CHOI ST. G/F, MONGKOK KOWLOON

### Hungary

Prokero Ltd Co.  
Phone: 361 331 3184  
FAX: 361 331 3184  
KALMAN IMRE UTCA 23, BUDAPEST, 1054

### Iceland

Orminn Hjol Ltd  
Phone: 354 588 9892  
FAX: 354 588 9896  
SKEIFAN 11, P.O. BOX 8036, REYKJAVIK

**Ireland**

Madison  
Phone: 44 181 385 3385  
Fax: 44 208 345 3443  
BUCKINGHAME HOUSE EAST, THE BROADWAY  
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4 HA'ATZMAUT AVE,  
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59441

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Phone: 39 02 24 951 1  
FAX: 39 02 24 951 228  
20099 SESTO S. GIOVANNI, (MI) I VIA VENEZIA,  
(ANG. VIA CARDUCCI), MILANO

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Yoshigai Corporation  
Phone: 81 729 88 5461  
FAX: 81 729 88 5463  
5-19, 1-CHOME, SHIMOROKUMANGI-CHO, HIGASHI-  
OSAKA JAPAN 579

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KS Sports  
Phone: 822 548 5408  
FAX: 822 512 3230  
SHIN SEUNG BLDG 4TH FLR, 115-4 NONHYUN-DONG,  
KANGNAM-KU, SEOUL

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Phone: 371 750 1292  
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1/1 HAPSALAS ST., RIGA, LV-1005

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Vertex Cycle Systems BV  
Phone: 31 23 57 18184  
FAX: 31 23 57 18606  
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HOLLAND

**Mexico**

Tekno Bike  
Phone: 52 8 336 5602  
FAX : 52 8 338 5663  
HUMBERTO LOBO #780, COL. DEL VALLE, GARZA  
GARCIA, MEXICO, CP, 66220, Mexico

**New Zealand**

W.H. Whorral & Co. Ltd.  
Phone: 64 9 63 6 06 41  
FAX: 64 9 63 6 06 31  
43 FELIX ST  
PENROSE, AUCKLAND  
NEW ZEALAND

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Hallman Sports  
Phone: 46 18 56 16 00  
FAX: 46 18 50 03 22  
HALLNASGATAN 8, S-75228 UPPSALA, SWEDEN

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Distribuidora Rali S.A.  
Phone: 507 220-3844  
FAX: 507 220-5303  
VIA ESPANOS EDIFICA CARCEP, P.O. BOX 87-0852,  
PANAMA 7

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Rojo Sports  
Phone: 511 447 0838  
FAX: 511 447 0838  
AV. REPUBLICA DE, PANAMA 6513, LIMA 33

**Poland**

Giant Polska S.P. ZOO  
Phone: 48 22 645 14 34  
FAX: 48 22 645 14 36  
AL NIEPODLEGLOSCI 221-4, 02-087 WARSZAWA

**Portugal**

Bicimax  
Phone: 351 44 553276  
FAX: 351 44 553187  
APARTADO 34, 2431 MARINHA GRANDE

**Russia**

Sportex  
Phone: 7095 288 4524  
FAX: 7095 288 6888  
KUDRINSKAYA PL., 1,, P.O.BOX 33, MOSCOW,  
123242

**St. Maarten**

Tri-Sport International  
Phone: 5995 43462  
FAX: 5995 43928  
8 AIRPORT BOULEVARD, SIMPSON BAY, NAMIBIA

**Singapore**

Treknology Bikes 3  
Phone: 65 466 2673  
FAX: 65 466 7610  
24 HOLLAND GROVE ROAD, SINGAPORE, 1545

**Slovak Republic**

Paul Lange Oslany  
Phone: 42 1 862 5492 344  
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MIEROVA 854/37 OSLANY, 97247 SLOVAKIA

**Slovenia**

Proloco Trade  
Phone: 386 64 380 200  
FAX: 386 64 380 2022  
ENOTA KRANJ, BRITOF 96A, 4000 KRANJ

**South Africa**

Coolheat (SA) (PTY) Ltd.  
Phone: 27 11 807 5282  
FAX: 27 11 807 2998  
3 RUARGH STREET, PARK CENTRAL, P O BOX 740,  
JOHANNESBURG 2001

**Spain**

K. Motor Dealer S.L.  
Phone: 34 9 1 637 70 97  
FAX: 34 9 1 637 72 64  
PARQUE INDUSTRIAL, EUROPOIS EDIFICO BRUSELA,  
BLOQUE 4, NAVE 1, LAS ROZAS (MADRID), N/A,  
28230

**Sweden**

Hallman Sports  
Phone: 46 18 56 16 00  
FAX: 46 18 50 03 22  
HALLNASGATAN 8, S-75228 UPPSALA

**Switzerland**

Cilo Bike Service SA  
Phone: 41 21 641 63 30  
FAX: 41 21 641 63 82  
CH. DE L'ORIO 30 A, CASE POSTALE 64, CH- 1032  
ROMANEL S. LAUSANNE

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Biketech Co. Ltd.  
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FAX: 886 22 694 6133  
NO. 12 FU TEH ROAD, 266 LANE, 37 ALLEY HSICHIH,  
TAIPEI HSIEN, TAIWAN, R.O.C.

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Probike Co. Ltd.  
Phone: 662 254 1077  
FAX: 662 254 1078  
237/2 SARASIN ROAD, LUMPINNE, PATUMWAN,  
BANGKOK, 10330

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FAX: 90 212 519 4846  
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Phone: 5982 782498  
FAX: 5982 622532  
AVDA. BRASIL 2567, 11800 MONTEVIDEO

**Venezuela**

Bike Sports  
Phone 582 751 9709  
FAX: 582 753 5071  
CENTRO COMERCIAL IBARRA, PLANTA BAJA, LOCAL  
3-A CALLE GARCILAZO, COLINAS DE BELLO, O,  
CARACAS